

LESSON 6.1 Being Physically Active and Physically Fit Note-Taking Guide

Understanding Physical Activity, Exercise, and Physical Fitness

1. What is the difference between physical activity, exercise, and physical fitness? Complete the following chart by writing down the definitions for each term.

| |
|---|
| Physical activity is described as... |
| Exercise is defined as... |
| Physical fitness , or sometimes just fitness, refers to... |

Benefits of Physical Activity

2. Explain one physical, one mental, and one social benefit of physical activity on your health.

| | |
|-------------------------|--|
| Physical benefit | |
| Mental benefit | |
| Social benefit | |

Physical Activity and Disease Prevention

3. List two ways being physically active as a teen could affect your future health status.

Physical Activity Guidelines for Teens

4. The U.S. Department of Health and Human Services recommends that all teens do _____ minutes or more of _____ physical activity daily.
5. Complete the following table by writing down three ways to be more physically active during your day. Try to write down things you could realistically include in your day.

| Three ways to be more physically active |
|---|
| 1. |
| 2. |
| 3. |